August

2012

WORKSHOPS: Please note that all workshops are free, but space is limited and <u>preregistration is required</u>. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

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## **SENIOR CENTER HOURS**

Monday - Wednesday 8:30 a.m. - 9:00 p.m.

Thursday - Friday 8:30 a.m. - 5:00 p.m.

### SENIOR CENTER STAFF

Recreation Coordinators
DIANE ATIENZA
SARAH FOSTER (acting)

Office Assistant III

Recreation Specialist
NANCY HUGYIK

Nutrition Program EARLENE MINNIS 650-964-6586

Evening Building Attendants
ANTHONY CUKAR
BJ HATHAWAY
ANGELIKA IGNAITIS
RICH STEPHENS
ALEJANDRA VALLE

COME TO THE FREE
HEALTH AND WELLNESS
DAY, SATURDAY, AUGUST
11 AT THE SENIOR CENTER.
MORE INFORMATION CAN
BE FOUND ON PAGE FIVE.

# **Breast and Cervical Cancer (in Chinese)**

健康教育 癌症檢測計劃:包含每一位婦女

癌症檢測計劃:包含每一位婦女(简称CDP:EWC)這組織專為低收入婦女提供免费臨床乳房檢查,乳房X光透視檢查,盆腔檢查和子宫頸抹片檢查。請參加CDP:EWC講座于Mountain View

Senior Center 山景城老 人中心,以了解有關乳腺癌和子宫頸癌 及如何獲得免费檢查。

日期: 2012 年8 月2 日(星期四) 时间: 下午1 時 - 2 時 中文解說

# Are You Good to Go?

You want to plan ahead, but where do you even begin? Join Marjorie Bridges from the Funeral Education Foundation as she gives you an impartial and informative overview of options for funeral planning. She will describe what the funeral society is all about, reasons to plan ahead, how to shop for a funeral, prepaying vs. preplanning, federal and state protection for consumers, how the funeral society can help, and new trends in death care. She will answer any questions you might have, so sign up today!

When: Thursday, August 16 at 1:00 p.m.

Where: Social Hall

# **Snowflakes: A New Kind of Sudoku**

Would you like to try a new challenging Sudoku puzzle? Learn tricks of the snowflake by joining Dick Guertin, master Sudoku puzzler, for this mind-bending workshop. He will take you step-by-step through solving a snowflake Sudoku puzzle so that what at first seems impossible becomes fun and doable mental exercise. Give it a try! Instructions: Fill in the triangles around each circle the digits 1 to 6 so that each digit is

only used once per circle. No number can be repeated in any partial hexagon shape along the border.

When: Thursday, August 23 at 1:00 p.m.

Where: Social Hall

City of Mountain View, CSD, Recreation Division 266 Escuela Ave., Mountain View, CA 94040 (650) 903-6330, www.mountainview.gov

# MOVIES, MOVIES, MOVIES!

Come to one of our triple showings! \*\*

Matinee showtimes: Tuesdays and Fridays at 1:00 p.m.

Evening showtime: Wednesdays at 5:30 p.m.

**Location: Multipurpose Room B** 

All screenings have captions for the hard-of-hearing, when available on the DVD. There is no fee to enjoy these popular movies, and seating begins 30 minutes before the show.



J. Edgar July 31, Aug 1 & Aug 3

Rated: R (Brief strong language)

Length: 137 minutes Leonardo DiCaprio stars in this riveting biopic as J. Edgar Hoover, the longtime FBI director as notorious for his overzealous methods of law enforcement as for the rumors regarding his cross-dressing and close relationship with protégé Clyde Tolson.



**Joyful Noise:** Aug 7, Aug 8 & Aug 10

Rated: PG-13 Length: 118 minutes

Dolly Parton and Queen Latifah square off in this big-hearted comedy about a flat-broke town choir whose members dream of winning a national contest. However, the stars' struggle for leadership could scuttle the group's harmony and hopes of success.

# WEEK OF DOUBLESS OF LOUBLESS OF DOUBLESS O

Back by popular demand, we will be having another week of double features! Each day during the week of **Monday, August 13th through** Friday, August 17th, we will be showing a DOUBLE feature of classic movies — a different theme each day! For a complete listing of movies, as well as showtimes, please turn to **page 4.** 



Albert Nobbs: Aug 21, Aug 22 & Aug 24

Rated: R (Some sexuality, brief nudity and language) Length: 113 minutes Having for decades disguised herself as a man while working as a butler in a posh 19th-century Dublin hotel, a woman calling herself Albert Nobbs reconsiders her charade when a handsome painter arrives on the scene.



One for the Money: Aug 28, Aug 29 & Aug 31

Rated: PG-13 Length: 91 minutes

Janet Evanovich's spunky heroine, Stephanie Plum, is adrift after getting a divorce and losing her job. To make ends meet, she becomes a bounty hunter, with her first big case revolving around a high school boyfriend who may be falsely accused.

\*\*NOTE: Please bundle up or bring a lap throw with you to the movie. The room is located on the north side of the building, and some people tend to need an extra layer of clothing during the movie.

The mission of the Mountain View Senior Center is to provide programs that meet individual needs of seniors; create a sense of ownership in the Center; promote personal growth and socialization; and foster feelings of achievement, companionship and well-being. Participants of the Senior Center are encouraged to:

- Sign-in upon arriving to the facility at either the front or back entrance
- Participate in social service, educational and recreational programs
- Socialize with other participants
- Obtain information and referrals for needed services
- Voice ideas and concerns regarding programs



Our policies promote healthy, enjoyable and safe use of the Mountain View Senior Center for all participants:

- Treat others with courtesy and respect
- Refrain from use of abusive language, inappropriate physical contact or harassment of participants and staff
- Refrain from the consumption of alcohol on the premises
- Attend any required program orientations, including specific guidelines for use of facility equipment
- Follow guidelines for use of facility equipment
- Follow rules of any programs or classes participant attends

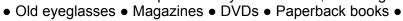
## **NEWCOMERS' GROUP**

An orientation & tour of the Senior Center is scheduled for **Monday, August 20th at 2pm.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

BIGBINGO -Feeling LUCKY?
Join us on
Monday, August 6 at 1:00 p.m. in
the Social Hall for Big Bingo.

# DONATIONS, DONATIONS, DONATIONS

The Senior Center accepts a variety of donations, including:





FREE TABLE—Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. SMALL items only.

### **DVD COLLECTION**

The Senior Center has a variety of DVDs available for checkout at the front desk. You can borrow up to two DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!



## **BOOKS FOR SALE**

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby. These books are for sale for 10 cents each, payable at the front desk. Maximum amount to be purchased at one time is five!

## **SENIOR CENTER BOOK CLUB**

Meetings are held the second Tuesday of each month (8/14/2012) in the Teen Center, 298 Escuela Avenue (next to the Senior Center), from 10:30 am – 11:30 am. Up next for discussion is "The Brave" by Nicholas Evans. The Book Club will NOT meet in September. The club returns in October, Same Bat Time, Same Bat Channel.

# COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, volunteers are here to help on some mornings and afternoons. Volunteers will write their names on the whiteboard in the Technology Room when they are available. Just come to the Technology Room and ask questions, it is that easy!





# **Senior Center Fashion Show**

Please join us for a morning of fine food, fun, and fashion as the Senior Center presents the 11<sup>th</sup> annual Fashion Show. This year's show will feature the clothing of Kohl's Department Store, located at 350 Showers Drive in Mountain View! Come enjoy free refreshments as your fellow patrons show off their talents as runway models. Stay for the raffle, and a few other surprises, including the handiwork of local artist, Lindy Lopez. Everyone is welcome to delight in this free stylish celebration!

Friday, August 24, 2012 10:30 a.m. – 11:30 a.m. in the Social Hall







# **VOLUNTEER CORNER**

June 2012

 Brown Bag
 192.00

 Lunch Program
 340.75

 Receptionists
 197.50

 Social Services
 46.00

 Teaching
 226.00

 Total
 1,002.25 hours!!

**Double Feature Week\*** 

Monday, August 13 Maverick Monday



10:00 am Raiders of the Lost Ark



1:00 pm Indiana Jones -Temple of Doom



3:30 pm
Indiana Jones Last Crusade

# Tuesday, August 14



Tip of the Tongue



1:00 pm My Fair Lady

10:00 am Pygmalion

# Wednesday, August 15



3:30 pm

Courtroom Drama



5:30 pm To Kill a Mockingbird

# 12 Angry Men Thursday, August 16



10:00 am

Seven Year Itch

Blonde Bombshell

Happened ...

THE



1:00 pm Some Like It Hot

# Friday, August 17



It Happened

One Night

ABLE COUBERT

The period that the country of the co



1:00 pm It Happened To Jane



# SENIOR ADVISORY COMMITTEE

The Senior Advisorv Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the third Wednesday of each month (except August & December 2012) from 2:00 p.m. -4:00 p.m.

Upcoming
meetings in 2012
will be:
September 19,
October 17 &
November 21.

# Holiday Bazaar Vendor Registrations

Around the Senior Center, the holidays are a time to celebrate family, friends, good food...and to show off your talents as a crafter, an artisan, a creator of novel gifts. Mark your calendar for **Saturday, November 17** for the 2012 Senior Center Holiday Bazaar! Vendors who wish to participate may register on **Thursday, September 20** starting at 2:00 p.m. No telephone registrations will be accepted, and vendor spots will be made available on a first come, first served basis. Vendor fees are \$15, payable at the time of registration. For more information, call the front desk at (650) 903-6330. All vendors must be at least 55 years of age, and all crafts must be handmade by the vendor.

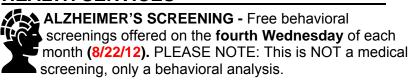
Appointments are necessary, unless otherwise noted.

Call Mountain View Senior Center front desk at (650)

903-6330 or visit the front desk for an appointment.

There are NO waitlists for appointments.

## **HEALTH SERVICES**



**BLOOD PRESSURE CHECK -** Come to the Counseling Room to have your blood pressure checked by volunteer nurses on **Fridays from 10:30 to 11:30 a.m.** No appointment needed.

EYEGLASS REPAIR - Adjustments, repairs, advice. Second and fourth Tuesday of each month (8/14/12 & 8/28/12).

**HICAP -** Medical insurance, long-term care, Medicaid & Medigap counseling. **Second Monday and fourth Tuesday** of each month **(8/13/12 & 8/28/12).** 



**NOTARY SERVICE -** Offered the **first Thursday** (8/2/12) of each month. Appointments available from 8:30 - 10:30 a.m.

**PODIATRY SCREENING - Third Wednesday (8/15/12)** of each month. NOTE: Feet are NOT touched in the consultation; it is only an evaluation.

# **SOCIAL SERVICES**

SENIOR ADULT LEGAL ASSISTANCE (SALA) - The 1st and 3rd Thursday (8/2/12 & 8/16/12). Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Due to the high demand for this service, all appointments must be confirmed by you 4-13 business days before your appointment (the Friday before the appointment, at the latest), or the appointment will be given to another patron. Please call, email or stop by the front desk in order to confirm or cancel your appointment.

#### FOOD SERVICES

**BROWN BAG** - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday**, **starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.

NUTRITION PROGRAM - Effective July 1, 2012, suggested donation for ages 60+ is \$3 & guests under 60 is \$6. Lunch is served Monday - Friday at 11:45 a.m., sign in by 11:15 a.m. More information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.



# VTA TRANSIT SENIOR CITIZEN CARDS/STICKERS

Senior discount passes may be purchased at your local Walgreens store, online at clippercard.com, or by phone at 877-878-8883. If you do not have a Clipper card and want to have one, dress nice and have your photograph taken for a new Clipper card at the Senior Center, August 9 @ 10am.

**AARP DRIVER SAFETY** 

REFRESHER COURSE - Tuesday, August 28, 2012 from 4:30 p.m. to 9:00 p.m. The fee for the refresher driving instruction session is \$12 for AARP members and \$14 for non-members.\* To register for classes, come in or mail a check, payable to AARP, dated the first day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. Cash cannot be accepted. For insurance benefits, contact your insurance carrier. \*For the August session only, AARP is offering a promotion for all current and former educators. Individuals who have worked as an educator, or for a school district or university in any capacity, may take the August refresher course for \$5. See the front desk for more information and coupon. **ONLINE** - Driver Safety program now available. Visit www.aarp.org for information & to sign up. **NOTE** - AARP may cancel course if

# CSA Information and Referral Day: Senior Transportation Options

fewer than 10 students enroll.

Come join Community Services Agency's Senior Case Managers to learn about Transportation Options. From 10:00 a.m. – 11:00 a.m., Senior Case Managers will be available to answer your questions regarding how to get around town.

#### APPOINTMENTS REQUIRED -

Make an appointment in person at the Senior Center Front Desk or call 650-903-6330.

Date: Tuesday, August 21
Where: Senior Center Counseling
Room

# **Mountain View Seasoned Travelers**

For travel information, registration and payment:

Monday - Wednesday and Friday at the front desk, 8:30 a.m. - 12:00 p.m. and Thursday
at the travel desk in front of the Social Hall, 10:00 a.m. - 11:45 a.m.





### **Feather Falls Casino**

Oroville, CA

WHEN: Monday, August 6, 2012

COST: \$33 per person

<u>INCLUDES</u>: Round trip transportation via luxury motor coach, driver's gratuity, and

a casino bonus!

<u>DEPART</u>: 7:30 a.m. from Senior Center <u>RETURN</u>: Approximately 5:30 p.m.

# Thunder Valley Casino

Lincoln, CA

WHEN: Tuesday, September 4, 2012

COST: \$33 per person

<u>INCLUDES</u>: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

<u>DEPART</u>: 7:30 a.m. from Senior Center <u>RETURN</u>: Approximately 5:30 p.m.





# Upcoming Trips to put on your 2012 calendar

Oct 8th: Chukchansi

Gold Casino

Nov 8th: Cache Creek Casino

Dec 4th: Red Hawk Casino



# APPLE HILL

WHEN: Wednesday, October 3, 2012

COST: \$69.00 per person

Travel to the beautiful High Hill Ranch at Apple Hill to enjoy a delicious BBQ chicken lunch and hot apple pie

alamode for dessert. Then learn about the history and development of Apple Hill as you enjoy a bus tour that will wind down country roads, flanked with

beautiful scenery, and stop at fruit filled orchards. Fall colors spreading across the countryside will make this a day to remember. Allow time for exploration of the ranch, and visit the gift shop and craft fair.



# **Christmas at Hearst Castle**

**WHEN:** December 10 - 11, 2012

**COST:** \$325 per person (double occupancy)

Join the Mountain View Seasoned Travelers for an overnight holiday trip to Hearst Castle! Travel back in time to experience Hearst



Castle as it might have been on Christmas during its

heyday in the '20s and '30s.

The trip includes an overnight stay at Cambria

Pines Lodge, three meals, and time for holiday shopping in quaint downtown Cambria. The tour climaxes with a Christmas Experience Tour at Hearst Castle

where docents dress in

astle ress in

period costumes and the castle is adorned with 18-foot Christmas trees and other festive décor.

Serve and enjoy.

Thursday	Friday	Pineapple Coffee	
8:30 Notary Service 9:00 Tax Appointments 10:30 Bookmobile 11:45 Lunch Ron's chicken, brown rice, oriental blend veggies, green salad, mandarin oranges 1:00 SALA Appointments 1:00 Workshop: Breast and Cervical Cancer (in Chinese)	<ul> <li>3</li> <li>10:30 Blood Pressure Check</li> <li>10:45 Dancing, Social Hall</li> <li>11:45 Lunch</li></ul>	Cake Cake Ingredients 4 c. flour 1 c. sugar 2 T. baking powder 2 t. baking soda 1 t. salt 2 eggs 2 c. vanilla yogurt 1 c. oil 2 t. vanilla	Mountain
9 10:30 Bookmobile 11:45 Lunch Pork chop/ mushroom gravy, whole grain bread, oriental blend veggies	10:30 Blood Pressure Check 10:45 Dancing, Social Hall 11:45 Lunch Beef minestrone soup w/tomatoes, pasta, green beans & kidney beans, roll, 4 way blend veggies, spinach & cucumber salad, cantaloupe 1:00 Movie: Joyful Noise	1 ½ c. crushed pineapple (well drained) (reserve juice)  Topping Ingredients: ¾ c. flour ½ c. sugar ½ c. butter ½ c. chopped walnuts Pineapple glaze:	in View Senior
9:00 Tax Appointments 10:00 Movie: The Seven Year Itch 10:30 Bookmobile 11:45 Lunch Hamburger, bun, lettuce & tomatoes, green beans, potato salad, melon 1:00 SALA Appointments 1:00 Movie: Some Like It Hot 1:00 Workshop: Are You Good To Go?	10:00 Movie: It Happened One Night 10:30 Blood Pressure Check 10:45 Dancing, Social Hall 11:45 Luau Lunch Stuffed salmon, pasta & peas, Japanese blend veggies, carrot raisin salad, orange- special dessert 1:00 Movie: It Happened To Jane	2 cups powdered sugar Reserved pineapple juice In large bowl combine flour, sugar, baking powder, baking soda and salt. In separate bowl beat the eggs, yogurt, vanilla and oil. Add the wet ingredients to the dry ingredients, and mix until blended. Fold in the WELL DRAINED pineapple. Don't throw out that pineapple juice! Save it for the yummy glaze. Pour cake batter into a greased 9x13 pan.	າior Nutrition Proເ
23 10:00 VTA Clipper Cards 10:30 Bookmobile 11:45 Lunch Baked fish, brown rice, California blend veggies, green salad fruit 1:00 Workshop: Snowflakes: A New Kind of Sudoku	10:30 Blood Pressure Check 10:30 Fashion Show 10:45 Dancing, Social Hall 11:45 Lunch Chicken cacciatore w/marinara sauce, onions, green bell peppers & diced tomatoes, green salad, fruit salad w/ mandarin oranges 1:00 Movie: Albert Nobbs	Topping: Combine flour, sugar and butter. Cut in butter with a pastry blender until mixture is crumbly. Add chopped nuts, and mix well. Sprinkle evenly over cake batter.  Bake cake for 40-45 minutes or until middle is set and cake is lightly browned. Allow cake to cool for 10 minutes before	ram 650-964-0
30 10:30 Bookmobile 11:45 Lunch Seasoned meatballs, baked penne pasta w/ cheese marinara sauce, Italian veggies, tossed salad, fruit	31 10:30 Blood Pressure Check 10:45 Dancing, Social Hall 11:45 Lunch Chile verde, tortilla, fresh Pinto beans, green salad, fruit  Birthdays 1:00 Movie: One for the Money	For the glaze: Combine the powdered sugar and enough of the pineapple juice to reach your desired consistency. Drizzle the glaze over the top of the cake.	-6586

**WELCOME** to the "Back Page" of the Prime Time News! This page is your one spot stop to connect to the community at the Senior Center, the City of Mountain View, and beyond!

# Free Summer

# Concert Series



Celebrate summer outdoors with the City of Mountain View's free concert series! Free on Thursday evenings

in July and August. All concerts are from 6:30 p.m. to 8:30 p.m.







## July 12 SV Houserockers

(Castro Street) – Classic and Contemporary Rock and Soul Music

# July 19 The Cocktail Monkeys

(Cuesta Park) – Hits of the 80's, 90's, and Today

## July 26 OTR

(Castro Street) – Winner of KFOX Last Band Standing! Classic Rock at its best!

# August 2 Caravanserai

(Rengstorff Park) – Tribute to Santana

### August 9 Metal Shop

(Castro Street) – 80's Arena Rock Tribute Band

## August 23 Long Train Runnin'

(Castro Street) – Tribute to the Doobie Brothers

# **Free Outdoor Movies**

The City of Mountain View Recreation Division presents the Summer Outdoor Movie Night Series. Bring your own blanket or lawn chair to enjoy these free movies in the park.



Each movie begins on Fridays at 8:30 p.m.

# July 13 Kung Fu Panda 2

(Cuesta Park)

July 20 Puss in Boots (Whisman Park)

July 27 The Incredibles (Eagle Park)

August 3 The Muppets (Stevenson Park)

August 10 Cars 2 (Sylvan Park)

August 17 Happy Feet 2 (Rengstorff Park)



# **August Facts:**

August was named in honor of Roman Emperor Augustus, and some of the hottest days of the year often fall in August;

1762, Earl ordered THE first 'sandwich';

1774, Joseph Pristley discovered oxygen;

1875, The first roller skating rink opened in the UK;

1908, Model T went on sale:

1911, **Mona Lisa** stolen from the Louvre Gallery;

1963, The world heard "I have a dream" speech



MARK YOUR CALENDARS NOW Senior Resource Fair THURSDAY, SEPTEMBER 27, 2012 2:30 P.M.— 5:00 P.M.



If you would like to receive the Senior Center Monthly Prime Time News Newsletter via email, please contact the front desk to give us your name and email address. Newsletters are sent on the last Friday of the month so check your inbox!